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Your mental health matters. That's why HealthFlex offers a range of programs that empower you to take control of your mental and emotional well-being. During Mental Health Awareness Month, take time to prioritize your mental health and explore the resources that HealthFlex has to offer. **Start your journey to better mental health today.**

Click on any of the programs below to learn more and get started.



MDLIVE® Behavioral Health – This no-cost service allows you and your HealthFlex-covered dependents (ages 10 and over) to connect virtually with a licensed therapist or a board-certified psychiatrist. *Primary participants can access MDLIVE through benefitsaccess.org. Spouses can access MDLIVE by logging into [Virgin Pulse®](#), visiting the Benefits page, and searching “MDLIVE Telemedicine.”*



Virgin Pulse – Explore mental health topics at your own pace with Journeys®, RethinkCare sessions, or with the one-on-one guidance of a Virgin Pulse Health coach in areas like stress reduction, mindfulness, anxiety, sleep habits, meditation and more.



Employee Assistance Program (EAP) – The EAP can help you or anyone in your household access confidential counseling and support for up to eight free sessions per concern per year. You can also use [Talkspace](#) through the EAP to connect with a licensed therapist via text message or video chat.



First Aid for Mental Health Webinars – These on-demand, one-hour training sessions can help you identify when someone you know is struggling with mental health concerns, teach you how to start a conversation and respond with empathy to get them the help they need.

Earn Wellness Credits When You Prioritize Your Mental Health

You can earn Wellness Credits when you complete activities that support your mental health like working with a Virgin Pulse health coach, contacting the EAP, or completing a Virgin Pulse Journey or Journey step. When you complete 150 Wellness Credits, you'll earn \$150*!

** Incentive rewards are provided in "Pulse Cash," the "rewards currency" for HealthFlex, you must be enrolled in Virgin Pulse to earn and redeem Pulse Cash. Pulse Cash is delivered straight to your Virgin Pulse account and can be transferred to your checking account or redeemed for gift cards, merchandise or charitable donations. The IRS considers cash wellness incentives as taxable income. Contact your tax advisor for more information.*



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